

August is Family Fun Month

Go on a **wellness family adventure**! Complete activities with your family members to see how many spaces you'll move on the board to reach the finish line. If you miss more than three days without completing an activity, go back two spaces. Good luck and have fun!



Move ONE space

- Make root beer floats
- Play hopscotch
- Go for a walk/hike
- Blow bubbles
- Play catch/frisbee
- Make paper airplanes and see who's flies the farthest
- Stargaze
- Find cloud characters/shapes
- Go for a bike ride
- Fly kites
- Play hide and seek
- Run through a sprinkler
- Play cards, a board game or charades
- Trace shadows (of yourself or toys)
- Complete a puzzle
- Get dressed up for mealtime
- Read a book

Move TWO spaces

- Complete the "spell your name workout"
- Watch a movie in your backyard
- Go to a local farmer's market
- Play whiffle ball or kickball
- Paint rocks with positive messages
- Have a dance party
- Build a fort
- Go fishing
- Play mini golf
- Visit the library
- Take family pictures
- Identify plants and trees
- Enjoy a campfire
- Have a lemonade stand
- Go bowling (or create your own bowling at home)
- Send a card/letter to someone

Move THREE spaces

- Try a new recipe
- Make a craft or project (e.g., bubble snakes, glitter relaxation jars, homemade bird feeder)
- Go camping/take a vacation
- Spend time at a local park
- Take a trip to the zoo
- Host a family talent show
- Go geocaching (outdoor treasure hunt)
- Go swimming or to a splash pad
- Attend a baseball game
- Volunteer or give back (e.g., go through old clothes/toys to donate)
- Review and complete the [Special Play](#) REAL Goal supplemental resource (see the social section)

Spell your name workout

A Run to nearest door and back

H 15 toe touches

O 10 side leg lifts

V 20 elbow to knee touches

B March in place, 15 seconds

I 30 jumping jacks

P Hop on one foot, 10 times

W Hop like a frog, 8 times

C Walk like a bear, 20 seconds

J 15 burpees

Q Flap arms, 25 times

X 20 side steps and hop back

D Hop like a bunny, 20 times

K 40-second wall sit

R 20 calf raises

Y 10 squats

E 10 lunges

L Skip, 20 seconds

S Balance on each foot, 15 seconds

Z 10 push-ups

F Gallop, 30 seconds

M Jump rope, 30 seconds

T Roll a ball using your head

G 30-second plank

N Crawl like a crab, 15 seconds

U 20 arm circles



Questions?

Email Wellness@Medica.com

